

Twilight Snowshoe Adventure Brings Students, Parents, and the Community Together at DeLong Middle School

PROBLEM OVERVIEW

Goal: To encourage students and staff to be active with their families and engage in outdoor activities which promote fitness.

In its continuing efforts to offer fun physical activity programs to staff, students, parents, and the community, the DeLong Special Education Department sponsored an evening snowshoeing event in February 2010.

PROGRAM/ACTIVITY DESCRIPTION

Special education teachers Lucas Barth and Marcus Larsen were looking for a positive physical activity which their students could help organize and run. They created the DeLong Twilight Snowshoe

Adventure which was held at DeLong on the evening of February 11, 2010. The event featured two snowshoe trails on the beautiful DeLong campus. Students from Barth's and Larsen's classes set the trails and marked them with candles and tiki torches. The students also helped staff the event during the evening. Snowshoes were provided for those who needed them. Students from the DeLong Wellness Warriors, our student wellness group, also helped staff the event. The event cost \$2.00 for adults, \$1.00 for children, and \$5.00 for an entire family. All proceeds from the event went to the DeLong Special Education programs.

Many DeLong staff members and families also helped during the evening. The DeLong PTO sold low-fat hot chocolate and popcorn. Several staff members provided music, and families helped tend two campfires.

The event was promoted to local elementary schools and community members with flyers as well as a feature story in the local daily newspaper.



More than 100 students, parents, staff members, and community members attended the event!

PROGRAM/ACTIVITY OUTCOMES

The DeLong Twilight Snowshoe Adventure promoted a healthy, active family event for our school and community. The event showed how students, staff, and the community can work together to promote physical activity for all ages. In addition, the money raised from the event further helps to support DeLong's Special Education programs.

The DeLong Twilight Snowshoe Adventure was a success because it involved so many different people in its planning. Our building principals, our police liaison, our partnership coordinator, our teaching staff, parents, and the community all contributed to the success of the event. We sent a strong message that outdoor activity is fun for the whole family!

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